

Monday Pool usage schedule for Fall 2017



	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	Training Pool			
6:00 AM	Commanders												
6:30 AM													
7:00 AM													
7:30 AM													
8:00 AM						Water Walking							
8:30 AM													
9:00 AM					Senior Water Walking								
9:30 AM	Lessons												
10:00 AM								Lessons					
10:30 AM													
11:00 AM													
11:30 AM													
12:00 PM													
12:30 PM													
1:00 PM													
1:30 PM	Lessons												
2:00 PM													
2:30 PM													
3:00 PM													
3:30 PM	Commanders			Herndon High School Swim Practice									
4:00 PM													
4:30 PM													
5:00 PM	Commanders												
5:30 PM							Lessons		SL Dive Team	Lessons			
6:00 PM									Deep H2O 1				
6:30 PM									Deep H2O 2				
7:00 PM													
7:30 PM													
8:00 PM					Masters Swim Team								
8:30 PM													
9:00 PM													

Scheduled group activities have priority for lane usage throughout the day.

There are always 2 lanes available for lap swimmers, however they are expected to be willing to share lanes with other lap swimmers and circle swim if necessary.

EXCEPTION: Pool is closed to the public from 3:45-5pm, Mon-Thu; Spa remains open.

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	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	Training Pool
6:00 AM	Commanders									
6:30 AM										
7:00 AM										
7:30 AM									Deep H2O 2	
8:00 AM									Deep H2O 2	
8:30 AM									Deep H2O 1	
9:00 AM									Deep H2O 1	
9:30 AM						Water Aerobics				
10:00 AM							Therapeutic		H2O Aer	
10:30 AM										
11:00 AM										
11:30 AM										
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM	Herndon High School Swim Practice									
4:00 PM										
4:30 PM										
5:00 PM	Commanders						Lessons			
5:30 PM										
6:00 PM										
6:30 PM										
7:00 PM										
7:30 PM										
8:00 PM										
8:30 PM					Masters Swim Team					
9:00 PM										

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	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	Training Pool	
6:00 AM	Commanders										
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM						Water Walking					
8:30 AM											
9:00 AM					Senior Water Walking						
9:30 AM											
10:00 AM											
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM											
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM	Commanders			Herndon High School Swim Practice							
4:00 PM											
4:30 PM											
5:00 PM	Commanders						Lessons		SL Dive Team		
5:30 PM											
6:00 PM											
6:30 PM									Deep H2O 1		
7:00 PM											
7:30 PM									Deep H2O 2		
8:00 PM											
8:30 PM											
9:00 PM											

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Thursday Pool usage schedule for Fall 2017



	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	Training Pool
6:00 AM	Commanders									
6:30 AM										
7:00 AM										
7:30 AM									Deep H2O 2	
8:00 AM										
8:30 AM									Deep H2O 1	
9:00 AM										
9:30 AM						Water Aerobics				
10:00 AM							Therapeutic		H2O Aer	
10:30 AM										
11:00 AM										
11:30 AM										
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM	Commanders			Herndon High School Swim Practice						
4:00 PM										
4:30 PM										
5:00 PM	Commanders						Lessons			
5:30 PM										
6:00 PM										
6:30 PM										
7:00 PM										
7:30 PM										
8:00 PM							SL Dive Team			
8:30 PM					Masters Swim Team					
9:00 PM										

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	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	Training Pool
6:00 AM	Commanders									
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM							Power Splash			
8:30 AM										
9:00 AM						Senior Water Walking				
9:30 AM										
10:00 AM										
10:30 AM										
11:00 AM										
11:30 AM										
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM							Lessons			
4:30 PM	Commanders									
5:00 PM										
5:30 PM										
6:00 PM	Pool closes at 6pm on Fridays for High School Swimming Meets on December 1, 8, 15 and January 5, 12, 19									
6:30 PM										
7:00 PM										
7:30 PM										
8:00 PM										
8:30 PM										
9:00 PM										

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Saturday Pool usage schedule for Fall 2017



The pool is open only to lap swimmers ages 13 & up and scheduled swim lessons on Saturdays until noon.

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	Training Pool
7:00 AM	Commanders			Open only for Lap Swimming ages 13 and older						
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM	Lessons			Lessons						
9:30 AM										
10:00 AM										
10:30 AM										
11:00 AM										
11:30 AM										
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM										
5:30 PM										

Scheduled group activities have priority for lane usage throughout the day.

There are always 2 lanes available for lap swimmers, however they are expected to be willing to share lanes with other lap swimmers and circle swim if necessary.

Sunday Pool usage schedule for Fall 2017



The pool is open only to lap swimmers ages 13 & up and scheduled swim lessons on Sundays until noon.

After 6pm the spa is closed and the pool is open only to group lessons and the rental swim team.

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	Training Pool
7:00 AM	Open only for Lap Swimming ages 13 and older									
7:30 AM										
8:00 AM										
8:30 AM	Rental									
9:00 AM										
9:30 AM	Lessons									
10:00 AM										
10:30 AM										
11:00 AM										
11:30 AM	Lessons									
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM	Lessons									
4:30 PM										
5:00 PM										
5:30 PM										
6:00 PM				Rental					Lessons	
6:30 PM										

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